

December 2017

# The Palo Duro Buzz

Make every day a good day

Palo Duro Senior Center • 5221 Palo Duro NE Albuquerque, NM 87110 • 505.888.8102

Mon, Tues, Thurs & Fri: 8:00am– 5:00pm • Wed: 8:00am– 7:00pm • Sat: 9:00am– 1:00pm

## *'Tis the Season Special Luncheon*

Thursday, December 14th

Serving 11:30am–11:45am

'Tis the season to be jolly! This is always a festive time of year and we want to share these festivities with you!

♦ Live Entertainment by Gene Corbin

♦ Door Prizes



### **Menu includes:**

♦ Chicken Cordon Bleu

♦ Caesar Salad

♦ Green Beans

♦ Mashed Sweet Potato

♦ Dinner Roll

♦ Carrot Cake



## Candy Cane & Cocoa Tree Trimming

Friday, December 1st: 10:30am

What's a winter month without the candy canes and cocoa? We will have a delicious Hot Chocolate Bar along with a chocolate fountain! Join us as we decorate our Christmas tree and get in the spirit!



## Center Closures

Monday, December 25th

♦ For Christmas Day

&

Monday, January 1st

♦ For New Year's Day



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City of Albuquerque

Department of  
Senior Affairs



Mayor Tim Keller

Jorja  
Armijo-Brasher  
Director

Rhonda Methvin  
Recreation Division  
Manager



Palo Duro Senior Center



Natasha Montoya  
Center Manager

Larissa Martin  
Program Coordinator

Vacant  
Office Assistant

Dave Ellis  
Program Assistant

Vacant  
Program Assistant

Manuel Ibuado  
General Services

Ted Casey  
Cook

David Martinez  
Assistant Cook

## Popcorn Days

Grab your bag at the front desk- we're popping  
Tuesday through Thursday beginning at 10:30am!

**\$0.25 Bag**



## OPEN COMPUTER LAB

Monday, Tuesday & Friday 1:00pm-3:00pm

Thursdays 9:30am-11:30am

**Bring your membership card!**

**\*Thursday lab hours will be cancelled beginning  
in January due to Tax Appointments.**

## Adapted Aquatics

Taught at UNM's Therapeutic Pool, members will participate in a series of range of motion exercises that will increase joint mobility and develop muscle strength. Reservations are a must!

**\*Call Palo Duro Fitness Center to register: 505.880.2800**

**M, W, F: 8:30am - 10:45am**

**M & F: 12:30pm - 2:45pm**

**\$0.50 Transportation Fee**



## Bingo

**Tuesdays 1:15pm-4:00pm**

5- Genesis, 12- Bee Hive  
Homes, 19 - Steddep Wesley,  
26- TBA

## Friendship Coffee

**Wednesdays 9:15am -10:15am**

Gather with friends old and new for a cup of joe and treats courtesy of our generous sponsors.

6- Walgreens, 13-Presbyterian,  
21- Edward Jones, 27- Blue Cross Blue  
Shield



# What's The Buzz?

Join us for these exciting free events that will be taking place this month...

## Birthday Party

Join us for some birthday cake as we celebrate the November birthdays at Palo Duro.

**Friday, December 1st**

**11:30am- 12:30pm**

**Sponsored by AGA- Medicare Options**



**'I scream, you scream we all scream for ICE CREAM!'**



**Thursday, December 21st**

**11:30am-12:30pm**

**This month's sponsors:**

Davis Riordan- Insurance Broker  
Aleitress Owens- Acti-Kare In-Home Care

## Movies at Palo Duro

Join us at 1:30pm for these movies! Refreshments provided at intermission. Movies shown every 1st & 3rd Thursday.



**December 7th- Red 2 (PG-13) 1:56 min**

Retired CIA agent Frank Moses is in love with Sarah Ross and enjoying their normal life. Out of the blue, Marvin Boggs meets Frank in the supermarket and tells that Wikileaks has released the information that they had participated and know the whereabouts of the Nightshade, a portable nuclear weapon. Now the top agents in the world are under contract to seek them out. But dangerous killer Jack Horton is hunting Frank down and will not stop until he recovers the bomb.

**Sponsored by: By Your Side Homecare**

**December 21st- Elf (PG) 1:35 min**

One Christmas Eve, a small baby crawled into Santa's bag of toys during a stop.

Concealed in the bag and undetected by Santa, the child was accidentally whisked back to the North Pole. Santa's most trusted helper raised the human child as an elf. But when he got older and realized the truth, Buddy sets off to New York City to find his real father. Buddy soon learns that life in the big city isn't all sugar plums and candy canes, and it is up to him to save Christmas.

**Sponsored by: TBA**



# Palo Duro Trips.

**\*Reservations must be made in person with a valid membership card.**

## Christmas in Madrid - Madrid Saturday, December 2nd

Depart: 2:15 pm • Return: 9:00 pm • Transportation: \$7.00



## Dr. Field Good's Kitchen "A Fare" - Santa Fe Wednesday, January 10th

Depart: 9:30 am • Return: 4:00 pm • Transportation: \$7.00

## NM State Legislature - Santa Fe Wednesday, January 24th

Depart: 8:15 am • Return: 4:00 pm • Transportation: Free



## Rio Bravo Brewing Co. - Albuquerque Tuesday, January 30th

Depart: 10:45 am • Return: 2:00 pm • Transportation: \$2.00

## Abq. Office of Emergency Management - Albuquerque Wednesday, February 7th

Depart: 9:30 am • Return: 2:00 pm • Transportation: \$2.00



## Harvey House Museum - Belen Tuesday, February 13th

Depart: 10:15 am • Return: 3:00 pm • Transportation: \$5.00



**\*Trips for January-March will be available to sign-up on Wednesday, January 3rd after 9:00 am. All participants must be present to register.**

# On-going Daily Schedule

Monday		Monday		12:30–2:45	
8:15–9:15	Aerobics 50¢*			1:00– 3:00	Bridge Group
8:30–11:00	Lapidary			3:00– 4:15	Palo Duro Palettes
9:00–10:00	Yoga, Belts and Blocks \$3			3:15– 4:15	Tai Chi Chih, Begin; (11/1-12/6) \$60*
9:00–11:00	Chorales			4:30–5:30	Nia Technique \$5 per class*
9:15–11:15	Blood Pressure Check			5:15–6:15	Tai Chi Chih, Cont; (11/29-12/20) \$40*
9:30–10:30	Gentle Exercise 50¢*				Yoga, Belts and Blocks \$3*
11:00–1:00	Lujan Grisham Mobile Office: 12/19			Thursday	
11:00–3:00	Ceramics			Thursday	
11:15–2:30	Philatelic Society			8:00–9:00	Flex & Tone 50¢*
11:30–1:00	Jug Band Practice			8:00–1:00	Ceramics
11:45–1:00	T.O.P.S.			8:15–4:30	Rockhounds Trip (2 <sup>nd</sup> & 4 <sup>th</sup> ) \$ varies
12:15–4:00	Duplicate Bridge			8:30–12:00	Deaf Seniors
1:00–3:00	French, Advanced \$5 materials fee*			8:30–11:30	Lapidary
1:00–3:00	Open Computer Lab			9:00–11:30	German, Intermediate
1:30–3:15	Line Dancing, Advanced			9:30– 11:30	Open Computer Lab
2:45–4:30	Retired Physicians			12:00–1:00	Rockhounds Meeting (1 <sup>st</sup> & 3 <sup>rd</sup> )
3:00–4:00	French Language Book Club			12:00–3:30	Mah Jongg (2 <sup>nd</sup> & 4 <sup>th</sup> )
3:00–4:30	Essential Oils (2 <sup>nd</sup> only)			12:30–4:00	Senior Men's Bridge (1 <sup>st</sup> only)
3:15–4:30	Line Dancing, Beginning			1:00–4:30	Metalcasting \$2* per casting
Tuesday		Tuesday		1:00–3:00	Discussion Group, Open Topic
8:00–9:00	Flex & Tone 50¢*			1:30–3:30	Movies (1 <sup>st</sup> & 3 <sup>rd</sup> )
8:00–12:30	Quilting (and more!)			Friday	
8:15–4:00	Hiking (every other) \$ varies			Friday	
8:30–11:30	Tuesday's Angels			8:15–9:15	Aerobics 50¢*
8:30–11:30	Lapidary			8:30–12:30	Defensive Driving (1 <sup>st</sup> only) \$20, \$15 AARP*
10:00–12:30	Sewing & Alterations			9:00–11:30	Pottery; firing fee
12:00–2:00	Leathercraft \$1/month; \$5 new student fee			9:30–10:30	Gentle Exercise 50¢*
1:00–3:00	ABQ Travel Partners (2 <sup>nd</sup> & 4 <sup>th</sup> )			9:30–10:30	Tai Chi, drop-in (no 1 <sup>st</sup> ) \$5*
1:00–3:00	Open Computer Lab			9:30–11:30	Stained Glass
1:00–3:00	Visiting Artists Series			12:00–2:00	Get It Done
1:15–4:00	Bingo \$3* minimum to play			12:15–4:00	Duplicate Bridge
1:30–2:30	Mystery Book Club (2 <sup>nd</sup> only)			1:00–3:00	Spanish, Beginning
2:15–4:30	Rio Grande Players			1:00–3:30	Cribbage
Wednesday		Wednesday		1:00–3:00	Open Computer Lab
8:00–11:30	Pottery Lab; firing fee			2:15–4:30	Swedish Weaving \$10 materials fee*
8:15–9:15	Aerobics 50¢*			Saturday	
9:00–10:00	Gentle Yoga (Class will return in 2018)			Saturday	
9:15–10:15	Friendship Coffee			9:00–3:00	Hiking \$ varies
9:30–10:30	Gentle Exercise 50¢*			9:00–10:30	Food Addicts in Recovery Anonymous
10:00–12:00	Investment Club (BCIC) (3 <sup>rd</sup> only)			9:00–10:30	Line Dancing, Beginning
11:30–4:00	Metalsmithing/Jewelry Lab			9:00–1:00	Quilting
12:00–3:00	Busy Bees - Crochet & Knit			10:00–11:30	ABQ Recorder Orchestra
12:00– 5:00	Game Time: Scrabble, Mexican Train, etc.			10:00–11:00	NARFE Board Meeting (1 <sup>st</sup> only)
				10:00–12:00	Accordian Group (3rd only)
				10:30–12:00	Line Dancing, Advanced (no 1 <sup>st</sup> )
				11:00–12:30	Red Hatters (1 <sup>st</sup> only) (will not meet in Dec.)
				11:00–12:45	NARFE Chapter 80 Meeting (1 <sup>st</sup> only)

\* indicates suggested money donation per session

Note: Days and Times are subject to change.

# The Honeycomb Cafe



Menu items subject to change. Please arrive before 12:30.

**Daily Hot Lunch- \$3.25** \*Reservations Required

Please call before 1:00pm by previous weekday to make your reservation: 505.888.8102

Monday	Tuesday	Wednesday	Thursday	Friday
27 Beef Patty & Onions w/ Gravy	28 Chicken Alfredo	29 Carne Adovada Enchiladas	30 Beef Tips w/ Noodles	December 1 Salmon w/ Pineapple
4 Beef Fajitas	5 Chicken Florentine	6 Turkey w/ Gravy	7 3 Cheese Lasagna	8 Pork Chops w/ BBQ Sauce
11 Biscuit w/ Sausage Gravy	12 Blackened Salmon	13 Chili Dog	14 <b>Special Luncheon</b>	15 Rotisserie Chicken
18 Pot Roast	19 Caesar Chicken	20 Pollock w/ Tartar Sauce	21 Alfredo Pasta	22 Ham w/ Red Chile
25 <b>Center Closed</b> 	26 Turkey Corndog	27 Helen's Beef Stroganoff	28 Minestrone Stew	29 Tamales w/ Red Chile

## Other options without a reservation — Monday thru Friday

### Breakfast 8:00–9:00



Regular Combination.....\$1.50.....Mini.... \$0.75  
egg, bacon or sausage, potatoes, toast or tortilla

Burrito (meatless available)..... \$1.50  
eggs, bacon or sausage, potatoes, cheese, chile

English Muffin Sandwich..... \$1.00

Oatmeal with Milk, raisins optional..... \$0.70

French Toast or Pancake or..... \$0.25

Side of Chile (Red and Green, every morning)

Waffle served on Fridays.....\$1.00

### Lunch 11:30–1:00



Salad.....Large....\$2.00.....Small.... \$1.00

Soup or Pie of the Day..... \$0.50

Sandwich of the Day..... \$1.50

half sandwich..... \$0.75

Grilled Cheese..... \$1.25

### Beverages during all meals

Milk or Juice..... \$0.25

Coffee or Tea..... \$0.30

# Palo Duro Presentations

Please make a reservation at our front desk or call 505.888.8102

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## Information about Colonics

*Presented by: Gwen Goldsmith*

**Wednesday, January 17 • 10:00 am**



## Importance of Oral Health for Seniors

*Presented by: Discount Dental*

**Wednesday, January 24 • 10:00 am**

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## Low Carb- High Flavor

*Presented by: Food with Friendz*

**Thursday, January 25th • 9:30 am**



## What's and Why's of Preplanning

*Presented by: French Funerals*

**Thursday, February 8th • 10:00 am**

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## Small Plates and Noshes

*Presented by: Food with Friendz*

**Wednesday, February 14th • 9:00 am**



## General Life Planning

*Presented by: Senior Citizens' Law Office*

**Wednesday, February 21st • 10:00 am**

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**Check out our bulletin board to see what other presentations are also available!**

# Palo Duro Features

## Manage Your Chronic Disease (MyCD) Workshop

If you have (or care for someone with) a chronic health condition, this is the workshop for you. Learn from specially trained group leaders. Put Life Back Into Your Life.

**This session will be a general Diabetes Self-Management Program Workshop:**

**January 4, 2018– February 8, 2018**

Thursdays

1:00pm– 3:30pm

To enroll, please call 505- 880 -2800.



## Mystery Book Club

The books we read are available at the public library next door. Everyone is welcome, so please join us!

**2nd Tuesdays: 1:30pm– 2:30pm**

**Tuesday, December 12th: *Rogue Island* by Bruce DeSilva**

## Visiting Artist Program

**Tuesdays: 1:00pm– 3:00pm**

This series of programs is suitable for beginners as well as those with art experience. It is free and open to all Senior Center members. This very unique program provides an artist volunteer who guides participants in art activity. Let your creativity bloom!

Date	Program	Artist
5	Fused Glass (Session I)	Sue Copus
12	Stamping-Decorating Papers	
19	Fused Glass (Session II)	Sue Copus
26	Open Studio	



**\*There will be a small materials fee for the fused glass supplies**



## Vintage Photos from Palo Duro's Past

Some of our photos date back to 1974 when the Center first opened. Check out our assortment of photos and memorabilia located on our lobby bookshelves. You may even find a picture of yourself!



# Bee sure to check these out!

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**\*New**

## Grief Support Group



This group will offer emotional support in a safe environment with others experiencing loss. Information will be given each week to help understand the grief and loss process. Led by a certified grief counselor, this group will offer a safe place to share your journey.

Jan Godinez  
Certified Counselor

**January 23– February 20**

**Tuesdays: 2:00pm– 3:00pm**

**Free**

**\*Limited spots, sign up at the front desk beginning December 1st!**

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## Beginning Spanish Conversation

**\*New Class**

Join us for this 6-week course as we practice our Spanish speaking skills in this class targeted for beginners. Led by an experienced instructor, your Spanish tongue is sure to be challenged!

**January 23– February 20**

**Tuesdays: 3:00pm– 4:00pm**

**\$40 includes materials and instruction**

**\*Limited spots, sign up at the front desk beginning December 1st!**



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## —CASA Nutrition Tip—

### Using Sugar Substitutes in Holiday Treats

Holiday desserts can easily be made healthier, but they still need that familiar sweet flavor. For that, you would typically use sugar. In many of your senior recipes, you may be able to substitute honey, maple syrup, molasses, agave nectar or turbinado sugar for the granulated sugar. You can also reduce the amount of sugar that your recipes call for. With many desserts, you won't notice if you use  $\frac{3}{4}$  of a cup instead of a full cup of sugar – and, you may even be able to cut the sugar down to  $\frac{1}{2}$  cup without any noticeable taste difference.

### Replacing Saturated Fat in Holiday Treats

With baked goods, you can try exchanging half of the oil or butter for unsweetened applesauce, mashed banana or another type of fruit puree. Your brownies, cakes and cookies will still be moist, tender and delicious, but they'll be lower in fat. If you have holiday dessert recipes that call for full-fat dairy, you can exchange it for a lower fat alternative. Choose low-fat milk instead, or replace dairy milk with almond or soy milk, and you'll reduce or eliminate the saturated fat.

### Reducing White Flour in Holiday Treats

Although whole wheat is the most popular, many different types of healthy flour are available. Replacing white flour with the wheat variety gives your dessert treats a boost of nutrients and heart-healthy fiber. However, because whole wheat flour is coarser and can change the texture of your holiday sweets, it's best to replace only a portion of the white flour called for. Start with a fifty-fifty mix of each type, and gradually increase the amount of wheat until you reach the right balance. Or, you may want to try white whole wheat flour, as it has a milder taste and lighter texture.

# Palo Duro Announcements

## Desert Willow Gift Shop

We would like to invite you to visit our gift shop, it's starting to look very festive with much of the holiday items made by our talented seniors. This is a very unique shop with many unused gifts all made by seniors; wooden toys, baby items, kitchen articles, leather crafts and a wide array of jewelry and scarves. We invite any senior center member who would like to bring in their handmade items to our shop. We are open Monday through Friday, 9:00 am through 2:00 pm. Please call 505-888-8102 and ask to be transferred to our gift shop. Thank you!

**Elenor Key, Manager 505-888-8102**



## Cell Phone & Tablet Assistance Tuesdays: 1:00-2:00pm Lobby

Ask your questions about smartphones and other gadgets– our volunteer is here to help!

## Silver Horizons Food Pantry

Thursday, December 28th

2:30pm– 4:00pm

**\*We will not allow people to block hallways, doorways or classrooms**



## Palo Duro Holiday Arts & Crafts Fair

**Only** handcrafted and artisan goods will be available to sell, so be sure and see what you'll find- this special event will only take place throughout December!

**Tuesdays: 8:30am-12:00pm**